



Carefree Cooking
... ELECTRICALLY

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EDISON ELECTRIC INSTITUTE

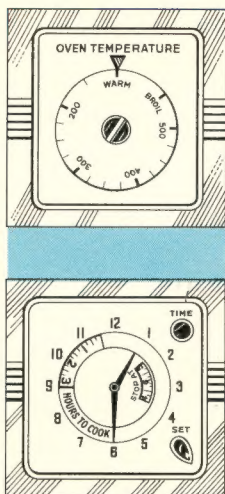
YOUR NEW RANGE

of course . . . it's Electric

Is a shining jewel in your kitchen, and just as priceless. With it you'll get a new kind of satisfaction in preparing meals for your family—new zest and fascination in cooking the easy modern electric way. There's no learning to cook over again—use your own favorite recipes or any standard ones—and depend on the accurately measured heat of your “up to the minute” electric range to do the rest. The ease and convenience of electric cooking is at your finger tips—fast heat at the flip of a switch or the turn of a dial, and just the right amount of it to do any cooking job. You'll find your range easy to keep clean and your kitchen will be a cooler and more pleasant place in which to work. You have bought the most modern range the market offers—you will have pleasure in cooking for years to come.

HOME SERVICE COMMITTEE
EDISON ELECTRIC INSTITUTE

MEET YOUR *Electric* RANGE —



OVEN TEMPERATURE CONTROL

The thermostat maintains a uniform temperature for perfect oven food results. Set the control dial at desired temperature for oven cooking or baking. Set on Broil for broiling. Use lowest temperature to keep foods warm or for dishwarming.

AUTOMATIC CLOCK

An entire meal can be placed in the oven, the switch set, and the meal will automatically start and stop cooking. Your meal will be ready to serve at the time you have selected. Keep switch on Manual when not using the automatic feature. On some models the switch may be used to start and stop cooking in the well cooker, on a surface unit, or from the timed outlet.

RANGE TOP LAMP

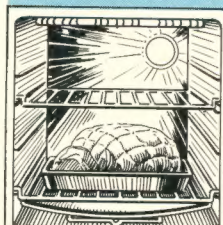
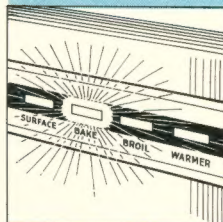
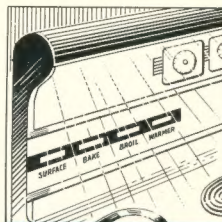
A lamp that will furnish good light over the cooking surface is a great convenience. Look for the switch on the back splash of the range or on the lamp itself.

OVEN SIGNAL LIGHT

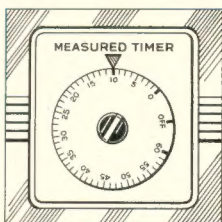
This lights up when the oven switch is turned on and the temperature control set. When the light goes off it indicates that temperature has been reached and the oven is ready for use. The light will flash off and on while the oven is in use to indicate that temperature is being maintained. Only when the light is glowing is electricity being used.

OVEN INTERIOR LIGHT

You may have a light inside the oven. It flashes on when the oven door is opened to make the interior of the oven and its contents plainly visible.

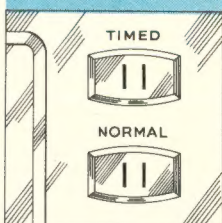


IT HAS MANY FINE FEATURES



MEASURED TIMER

A convenient device for measuring time of cooking from a few minutes to one hour or longer. A buzzer or bell reminds you when the time is up. This should not be confused with the automatic clock.

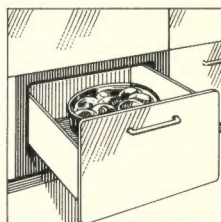


APPLIANCE OUTLETS

Electric appliance outlets are convenient for the coffee maker, mixer, or toaster. If an outlet is automatically controlled by the clock, measure ingredients into your coffee maker at night, set the automatic clock, and plug coffee maker into timed outlet to have freshly made coffee the moment you awaken!

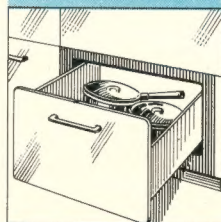
WARMER DRAWER

Certain range models are equipped with a compartment heated by a low wattage unit designed to warm dishes or to keep food warm until serving time.



STORAGE COMPARTMENT

This may be of the drawer or cabinet type. You will find it a handy place to store your cooking utensils.



WELL COOKER

You will find that a well cooker with its large kettle is very practical for certain types of cooking. In some ranges the well may also be raised to serve as an additional surface unit.



OVEN MEALS

Electrically

Whole meals cook to perfection in your electric oven while you're away. Merely set the automatic clock — turn the oven switch — and leave the rest to your modern electric range.

CHOOSING FOOD FOR OVEN MEALS:

1. Special recipes are not necessary for oven meals. Use your own favorites.
2. Choose foods that will cook well at the same oven temperature.
3. If the automatic clock is to be used, and you do not plan to be home during the cooking operation, choose foods which cook at the same temperature for the same length of time.
4. Foods requiring different cooking times may be used by starting the longer cooking foods and later adding the foods which require a shorter cooking period. Or start all foods at the same time and remove the shorter cooking food when done. This is desirable when you wish to serve a food cold or cooled, as for example a pie.
5. Vegetables best suited for oven cooking are potatoes (white or sweet), carrots, beets, turnips, parsnips, onions, squash (white or yellow), and corn. Delicate green vegetables and those belonging to the cabbage family have a more attractive color and better flavor when cooked on top of the range. The cooking time of vegetables may be increased if vegetables are left large or decreased by cutting vegetables into smaller pieces.

PREPARING FOODS FOR OVEN MEALS:

1. Place tender cuts of meats (veal, pork, lamb, or beef roasts), fish or poultry in a shallow uncovered pan. Do not add water.
2. Brown less tender cuts of meat (pot roast, Swiss steak, etc.) in skillet on surface unit, then place in covered utensil and add $\frac{1}{4}$ cup liquid.
3. Cook vegetables in pans with close fitting covers. Use $\frac{1}{4}$ to $\frac{1}{2}$ cup water.

PLACING FOOD IN OVEN:

1. Adjust racks while oven is cold.
2. Place foods to be browned (breads, cakes, pastry) on upper rack.
3. Arrange pans so they do not touch each other or oven walls and so that one is not directly above another.

OVEN MEAL No. 1

Yield; — 4 to 6 SERVINGS

SPICY FRANKFURTERS

BROWNED POTATO LOAF

SUCCOTASH

BANANA-BRAN BREAD

BAKED FUDGE DESSERT

Time: 50 minutes

Temperature: 350° F.

SPICY FRANKFURTERS

- 1 pound frankfurters, sliced
- 2 tablespoons flour
- 4 tablespoons water
- $\frac{2}{3}$ cup catsup
- 4 tablespoons vinegar
- 4 tablespoons sugar
- 2 tablespoons prepared mustard

1. Cut frankfurters and place in baking dish.
2. Combine flour with water and mix until smooth. Add other ingredients and pour over frankfurters.
3. Cover and place in oven.

BROWNED POTATO LOAF

- 3 tablespoons butter or margarine
- 3 tablespoons flour
- $\frac{1}{4}$ teaspoon salt — dash pepper
- 1 cup milk
- 4 to 5 cups cooked potatoes, diced
- 1 tablespoon minced parsley

1. Make a thick white sauce of butter, flour, salt, and milk.
2. Add potatoes seasoned. Cook 5 minutes.
3. Press into waxed paper lined loaf pan.
4. Place in electric refrigerator overnight.
5. Unmold. Turn onto oven-proof platter. Place in oven.

SUCCOTASH

- 1 or 2 packages frozen Succotash
- 2 to 4 tablespoons butter
- Salt
- Pepper
- 2 to 4 tablespoons water

1. Place frozen Succotash in a pan with a close fitting cover.
2. Season with salt and pepper.
3. If 1 package is used, use 2 tablespoons butter and water. 4 tablespoons of each if two packages are used.
4. Bake covered.

BANANA-BRAN BREAD

- 1 $\frac{1}{2}$ cups mashed bananas
(4 ripe medium size)
- 1 egg, well beaten
- 1 cup all-bran
- $\frac{1}{4}$ cup melted shortening
- 1 $\frac{1}{2}$ cups sifted enriched all-purpose flour
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ cup sugar
- 2 $\frac{1}{2}$ teaspoons baking powder
- $\frac{1}{2}$ teaspoon baking soda

1. Mash bananas, stir in egg, bran and melted shortening.
2. Sift dry ingredients together, add to banana mixture; stir until well blended.
3. Pour into greased loaf pan 9x5x3.

BAKED FUDGE DESSERT

- 1 cup sifted all-purpose flour
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ cup sugar
- 2 teaspoons baking powder
- 5 tablespoons cocoa
- $\frac{1}{4}$ cup shortening
- $\frac{1}{2}$ cup milk
- 1 teaspoon vanilla
- $\frac{1}{2}$ cup nuts
- $\frac{1}{2}$ cup brown sugar
- $\frac{1}{2}$ cup corn syrup
- $\frac{3}{4}$ cup boiling water

1. Mix and sift flour, salt, sugar, baking powder, and 3 tablespoons cocoa.
2. Cut in shortening. Add milk, vanilla, and nuts. Mix well.
3. Spread in 8-inch square pan.
4. Mix brown sugar, remaining 2 tablespoons cocoa, and corn syrup. Add boiling water and mix well.
5. Pour this sauce over mixture in pan.
6. Place in oven.

OVEN MEAL No. 2

Yield; — 6 SERVINGS

BAKED FISH

OVEN FRIED POTATOES

HARVARD BEETS

CHERRY PIE

Time: 1 hour

Temperature: 400° F.

BAKED FISH

1. Place 3 pound fish (whole) on rack in roasting pan.
2. Lay strips of bacon over fish.
3. Bake uncovered.

OVEN FRIED POTATOES

1. Pare and cut 5 or 6 potatoes as for French frying.
2. Dry potatoes thoroughly and dip in melted butter or margarine.
3. Turn into a shallow uncovered baking dish and place in oven.

HARVARD BEETS

6 to 8 medium sized beets
2 tablespoons flour
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ cup vinegar
 $\frac{1}{4}$ cup water
2 tablespoons butter

1. Wash, scrub thoroughly, peel and dice or slice uncooked beets. Place in baking dish.
2. Mix dry ingredients and add vinegar and water.
3. Pour over beets, dot with butter.
4. Cover and place in oven.

CHERRY PIE

1 quart sour cherries, washed and pitted or
2 cans cherries (number 2)
 $\frac{1}{4}$ cup sifted all-purpose flour
 $1\frac{1}{4}$ cups sugar
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{4}$ teaspoon almond flavoring
1 tablespoon butter or margarine
Pastry

1. Line a 9-inch pie plate with pastry.
2. Combine drained cherries, flour, sugar, salt, and flavoring, mixing well.
3. Pour into pastry lined pie plate and dot with butter or margarine.
4. Cover with top crust. Press edges together or flute.
5. Place in oven.

OVEN MEAL No. 3

Yield: — 6 SERVINGS

MEAT LOAF

BAKED POTATOES

STEAMED SQUASH

NUT BREAD

STUFFED BAKED APPLES

Time: 1 ½ hours

Temperature: 350° F.

MEAT LOAF

- 1 pound ground veal
- 1 pound ground ham
- 1 teaspoon salt
- ⅓ teaspoon pepper
- 4 tablespoons catsup
- 3 tablespoons chopped green pepper
- 1 small onion, chopped
- 1 cup mushrooms, sliced
- 2 eggs, slightly beaten
- ½ cup milk
- 1 cup cracker crumbs

1. Mix ingredients thoroughly and pack into greased loaf pan or ring mold.
2. Place in oven.

NOTE: 1 pound ground beef may be substituted for 1 pound ground ham.

BAKED POTATOES

1. Select medium-sized potatoes and scrub clean. Pierce 5 or 6 times with fork.
2. Place on baking rack in oven.

STEAMED SQUASH

- 3 Acorn Squash
- 3 tablespoons butter
- Salt
- Pepper

1. Select medium-size squash. Cut in half; remove seeds.
2. Pierce each cavity with a fork, 5 or 6 times.
3. Sprinkle with salt and pepper. Add ½ tablespoon butter to each half.
4. Place in shallow pan with ½ cup water.
5. Bake uncovered.

NUT BREAD

- 3 ½ cups sifted all-purpose flour
- 2 ½ teaspoons baking powder
- ½ teaspoon salt
- 2 eggs
- 1 cup sugar
- 1 cup milk
- 2 tablespoons melted shortening
- 1 cup nuts, chopped

1. Mix-sift flour, baking powder, salt.
2. Beat eggs. Add sugar and continue beating until light and fluffy.
3. Combine milk and melted shortening and add to egg mixture.
4. Stir in sifted dry ingredients. Add chopped nuts. Mix.
5. Bake in greased loaf pan.

STUFFED BAKED APPLES

- 6 apples
- 4 tablespoons mincemeat
- 1 cup sugar
- 1 cup orange juice
- 1 teaspoon grated orange rind

1. Wash baking apples and remove core without extending hole through apple.
2. Stuff with mincemeat or a mix of chopped dates, raisins, nuts, and sugar.
3. Place apples in open baking pan.
4. Combine sugar and juice. Simmer 8 or 10 minutes. Add grated rind.
5. Pour Orange Sauce over the apples. Place in oven.

OVEN MEAL No. 4

Yield; — 6 SERVINGS

ROAST DUCK

ORANGE SWEET POTATO STUFFING

CARROTS AND CELERY

CREAMED ONIONS AU GRATIN

LATTICE APPLE PIE

Time: 1 ¾ hours

Temperature: 350° F.

ROAST DUCK

with Orange Sweet Potato Stuffing

- 4 to 5 pound duck
- 3 cups mashed sweet potatoes
- 1 teaspoon salt
- 3 tablespoons fat, melted
- 1 cup cornbread crumbs
(Lightly packed)
- 1 cup peeled diced oranges
- 1 tablespoon grated orange rind

1. Singe, clean, wash, and dry duck. Sprinkle inside with salt.
2. Combine mashed sweet potatoes with other ingredients and stuff duck.
3. Fill the neck and body cavity rather loosely.
4. Close the opening by sewing with a heavy thread or inserting skewers or poultry pins and lacing with string.
5. Place on rack in shallow pan.
6. Roast uncovered.

CREAMED ONIONS AU GRATIN

- 4 large onions (Bermuda type)
- 1 ½ cups medium white sauce
- ½ cup grated cheese

1. Cut onions in thin slices and arrange in baking dish.
2. Add all but 2 tablespoons grated cheese to white sauce and pour over onions.
3. Sprinkle remaining cheese over top.
4. Place in oven uncovered.

CARROTS AND CELERY

- 4 carrots
- 1 bunch of celery
- ½ cup water
- 1 teaspoon salt
- Parsley

1. Scrape carrots and cut in quarters lengthwise.
2. Cut celery in pieces about the same length as carrots.
3. Place in baking dish with water. Add salt.
4. Cover. Place in oven.
5. When done season with butter and sprinkle with minced parsley.

LATTICE APPLE PIE

- 6 to 8 sour apples
- 1 cup sugar (white or brown)
- ¼ teaspoon nutmeg or cinnamon
- 2 teaspoons lemon juice
- ½ tablespoon margarine or butter
- 6 Maraschino cherries (halved)
- Pastry

1. Line pie plate with pastry.
(see page 16 for pastry recipe)
2. Pare, core, and cut apples in eighths, place in pastry lined pie plate.
3. Mix sugar, spice and lemon juice. Sprinkle over apples. Dot with butter or margarine.
4. Wet edge of undercrust and interlace ½ inch strips of pastry over the top, pressing top and bottom edges together.
5. Place in oven.
6. Garnish top with halved Maraschino cherries if desired.



OVEN COOKING MEATS

Electrically

Foods taste better when cooked electrically. Meat roasted in a humid atmosphere retains its natural juice — and comes from your electric oven evenly cooked and beautifully browned.

ROASTING TENDER CUTS OF MEAT

1. Wipe meat with a clean, damp cloth.
2. Weigh meat, or if meat thermometer is to be used, insert according to directions.
3. Place meat on a rack in a shallow uncovered pan, fat side up. Use no water.
4. Season, as desired, at beginning or end of roasting.
5. Place in a cold or preheated oven and roast according to time and temperature chart. (See page 11) Basting is not necessary.

ROASTING FROZEN MEATS

Frozen meats may be placed in oven while frozen, partially, or completely thawed. Use roasting temperatures, specified for fresh meats. Meat cooked from frozen stage requires half again as long.

Completely thawed meat is roasted exactly the same as fresh meat.



BRAISING LESS TENDER CUTS OF MEAT

1. Less tender cuts of meat (pot roasts, chuck, rump, etc.) should be covered during cooking period.
2. Brown meat on all sides in fat in heavy utensil.
3. Season with salt and pepper and add small amount of liquid if necessary.
4. Cover tightly and cook until tender at low temperature on surface unit, in deep well cooker, or in oven.

TIME AND TEMPERATURE CHART FOR ROASTING

<u>Meat, Fish or Poultry</u>		<u>Utensil</u>	<u>Oven Temperature</u>	<u>Minutes Per Pound</u>
BEEF				
Standing Rib	3 to 5 lb.	open pan	300°F. to 325°F.	rare 24 to 26 med. 28 to 32 well 33 to 37
	6 to 8 lb.	open pan	300°F. to 325°F.	rare 18 to 20 med. 22 to 25 well 27 to 30
Chuck or rump	3 to 5 lb.	covered pan	300°F.	40 to 45
	6 to 8 lb.	" "	300°F.	25 to 30
PORK				
Fresh Loin	3 to 5 lb.	open pan	350°F.	35 to 45
Shoulder, whole	" "	" "	350°F.	35 to 40
Fresh ham	" "	" "	350°F.	35 to 45
HAM				
Smoked	3 to 6 lb.	open pan	300°F.	30 to 35
	10 to 12 lb.	" "	300°F.	18 to 23
Tenderized	6 lb.	" "	300°F.	18 to 20
	10 to 12 lb.	" "	300°F.	12 to 18
VEAL				
Leg, loin or shoulder	3 to 5 lb.	open pan	300°F.	30 to 35
	5 to 7 lb.	" "	300°F.	25 to 30
LAMB				
Leg, shoulder		open pan	300°F.	30 to 35
FISH				
Small	2 to 4 lb.	open pan	400°F.	20
Large	4 to 6 lb.	" "	400°F.	15
POULTRY				
Chicken, tender		open pan	325°F.	30 to 35
" less tender		covered pan	300°F.	45
Duck, domestic		open pan	325°F.	30
" wild		open pan	400°F.	15 to 20
Goose		open pan	325°F.	30
Turkey	10 lb. or less	open pan	325°F.	20 to 25
	10 to 15 lb.	" "	300°F.	18 to 20
	over 15 lb.	" "	275°F.	15 to 18

Note: The above times are given for meat at approximately room temperature. If meats are very cold, add 5 to 10 minutes per pound. (If roasts are boned and rolled, add 10 to 15 minutes per pound.)

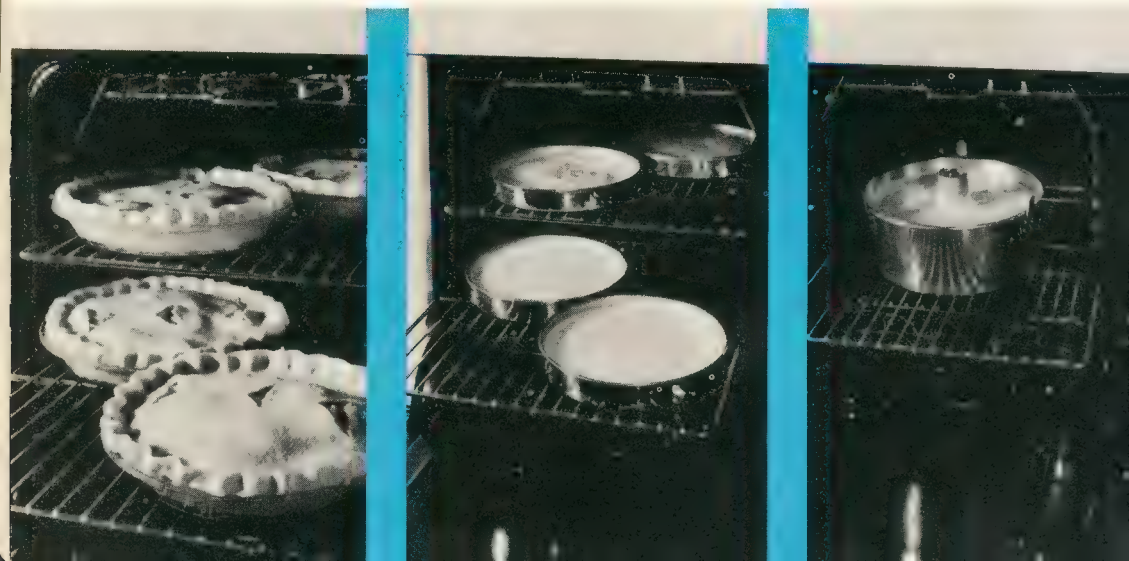
BAKING

Electrically

Modern electric ovens supply clean measured heat in a jiffy. You need not be an experienced cook to turn out perfectly baked products. Use a tested recipe, measure accurately and mix correctly. You can depend on the controlled balanced heat of your electric oven to give the same results today — tomorrow — or next year.

IN BAKING

1. Adjust racks while oven is cold.
2. Always preheat oven for baking. Set temperature control for desired temperature. Turn on heat a few minutes before oven is needed. When oven reaches the desired temperature the indicator light will go out.
3. Arrange pans so there is space between each. Pans should not touch each other or the sides of the oven. This allows for circulation of heat.
4. Close oven door and set the measured timer for required baking time. Cultivate the "no peeking" habit.



BAKING CHART

<u>Food</u>	<u>Oven Temperature</u>	<u>Approximate Time</u>
YEAST BREADS		
Loaves	375°F.	1 hour
Rolls	400°F. to 425°F.	20 to 30 minutes
QUICK BREADS		
Biscuits	450°F.	12 to 15 minutes
Plain muffins	425°F.	20 to 30 minutes
Popovers	425°F.	30 to 40 minutes
Cornbread	400°F. to 450°F.	25 to 30 minutes
CAKES		
Angel food cake	325°F.	1 hour
Sponge cake	325°F.	1 hour
Cup cakes	375°F.	20 to 30 minutes
Fruit cake	275°F.	2 to 5 hours
Layer cake	350°F. to 375°F.	25 to 30 minutes
Gingerbread	350°F.	40 to 45 minutes
Loaf Cake	350°F.	50 to 60 minutes
COOKIES	follow recipe instructions	
CREAM PUFFS	400°F.	35 minutes
PASTRY		
2 crust fruit pies	400°F. to 425°F.	40 to 50 minutes
Custard pie	400°F.	25 to 30 minutes
Pastry shells	425°F. to 450°F.	15 to 20 minutes
MERINGUE FOR PIES	325°F.	15 to 30 minutes

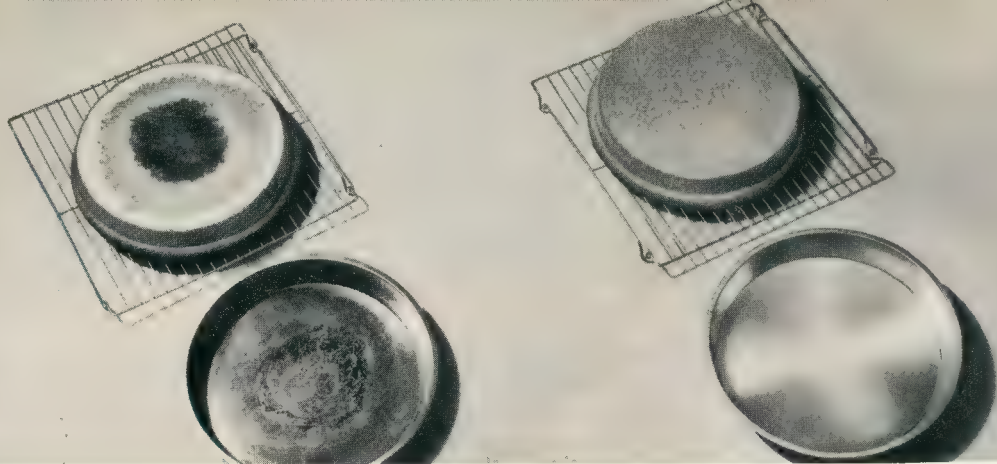
High altitudes require higher baking temperatures. Consult the Home Service Department of your local electric utility company for this information.

PANS ARE IMPORTANT

The pans used in baking determine the degree of brownness of the finished product. For example, bright shiny pans will produce very light browning because they reflect heat away from the bottom of the pan. Black pans, and those which have been allowed to get dark from repeated bakings, absorb more heat than bright pans and may be responsible for dark brown or burned bottom crusts (see picture on p. 14). Pans which are warped cause the batter to run to one side and will result in uneven cakes and uneven browning.

If possible use the size pan specified in the recipe. If you bake cake or other batter in pans larger than the ones specified, you must reduce the baking time. If pans smaller than those specified by the recipe are used, increase the baking time.

Cookies and biscuits bake best on a baking sheet. If you do not have a baking sheet, turn a deeper pan upside down and use the bottom as a baking sheet. Sheets are the correct size when there is a space of at least two inches from the edge of the sheet to the sides, back and front of the oven walls.



BREADS

BISCUITS

- 2 cups flour
- 3 teaspoons baking powder
- 1 teaspoon salt
- 4 tablespoons shortening
- $\frac{2}{3}$ cup milk

1. Mix and sift dry ingredients.
2. Cut shortening into sifted dry ingredients. Add milk.
3. Knead lightly until well mixed.
4. Roll on floured board. Cut and place on baking sheet.
5. Place in 450°F. oven. Bake 10 to 12 minutes.

ROLLS

- 1 cup milk
- $\frac{1}{4}$ cup shortening
- $\frac{1}{4}$ cup sugar

- 1 teaspoon salt
- 1 yeast cake
- $\frac{1}{4}$ cup lukewarm water

3½ cups flour

1. Scald milk. Add shortening, sugar, and salt. Cool to lukewarm.
2. Dissolve yeast in lukewarm water. Add to the cooled milk mixture.
3. Add $\frac{1}{2}$ of the flour and beat thoroughly. Gradually stir in remaining flour, adding just enough to make a dough that can be handled easily.
4. Turn out on floured board and knead until smooth.
5. Place in greased bowl and brush top of dough lightly with melted shortening. Cover and let rise in warm place until double in bulk.
6. Cut off, form into balls and place in greased muffin tins. Brush over with melted shortening. Allow to rise.
7. Place in 400°F. oven. Bake 15 to 20 minutes.

HONEY NUT BREAD

- 2¾ cups flour
- 2½ teaspoons baking powder
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon soda
- 2 tablespoons shortening
- 1 cup strained honey
- 1 egg, beaten
- 1 tablespoon grated orange rind
- $\frac{3}{4}$ cup orange juice
- $\frac{3}{4}$ cup nuts, chopped

1. Mix and sift dry ingredients.
2. Blend shortening and honey. Add the beaten egg and orange rind; mix well.
3. Add sifted dry ingredients and orange juice alternately to the egg mixture. Add the chopped nuts. Mix only enough to moisten dry ingredients.
4. Pour into a greased loaf pan.
5. Place in 325°F. oven. Bake 1¼ hours.

COOKIES

BUTTERSCOTCH REFRIGERATOR COOKIES

3 $\frac{3}{4}$ cups sifted all-purpose flour
1 teaspoon baking powder
 $\frac{1}{2}$ teaspoon soda
 $\frac{1}{4}$ teaspoon salt
1 cup shortening
2 cups brown sugar
2 eggs
1 teaspoon vanilla
 $\frac{1}{2}$ cup nuts, chopped

1. Mix and sift flour, baking powder, soda, and salt.
2. Cream shortening, add sugar gradually and continue creaming until light and fluffy. Add eggs one at a time, beating well after each addition. Add vanilla.
3. Add sifted dry ingredients to the creamed mixture. Mix. Add finely chopped nuts.
4. Form into rolls and wrap each roll in waxed paper. Chill in electric refrigerator until firm.
5. Slice. Place on cookie sheet. Place in 350°F. oven. Bake 10 to 12 minutes.

CHOCOLATE BROWNIES

$\frac{3}{4}$ cup sifted cake flour
 $\frac{1}{2}$ teaspoon baking powder
 $\frac{1}{2}$ teaspoon salt
2 squares chocolate
 $\frac{1}{3}$ cup shortening
2 eggs
1 cup sugar
1 teaspoon vanilla
 $\frac{3}{4}$ cup nuts, chopped

1. Mix and sift flour, baking powder, and salt.
2. Melt chocolate on low heat or simmer. Add shortening and blend.
3. Beat eggs thoroughly, add sugar and continue beating until light and fluffy. Add vanilla.
4. Add cooled chocolate mixture, sifted dry ingredients and nuts.
5. Pour into a 9-inch square pan which has been greased or lined with waxed paper.
6. Place in 350°F. oven. Bake 30 minutes.
7. Cut into bars or squares for serving. Dust with powdered sugar.

ROLLED SUGAR COOKIES

1 $\frac{3}{4}$ cups sifted all-purpose flour
 $\frac{1}{2}$ teaspoon baking powder
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{2}$ cup shortening
 $\frac{3}{4}$ cup sugar
1 egg
 $\frac{1}{2}$ teaspoon vanilla
 $\frac{1}{4}$ teaspoon lemon flavoring

1. Mix and sift flour, baking powder and salt.
2. Cream shortening, add sugar gradually and continue creaming until light and fluffy. Add egg and beat well. Add flavorings.
3. Add dry ingredients to the creamed mixture. Mix. Chill in electric refrigerator.
4. Roll dough thin on a lightly floured board. Cut into desired shapes.
5. Place on greased cookie sheet. Sprinkle with sugar.
6. Place in 375°F. oven. Bake 8 to 10 minutes.

OATMEAL COOKIES

- 2 cups all-purpose flour
- $\frac{3}{4}$ teaspoon soda
- $\frac{1}{2}$ teaspoon salt
- 1 teaspoon cinnamon
- $\frac{1}{2}$ teaspoon allspice
- $\frac{1}{2}$ teaspoon cloves
- 3 cups rolled oats
- 1 cup shortening
- 1 cup brown sugar
- $\frac{1}{4}$ cup sugar
- 2 eggs
- $\frac{1}{2}$ cup chopped or seedless raisins
- $\frac{1}{2}$ cup chopped nuts
- $\frac{1}{2}$ cup milk

1. Mix and sift flour, soda, salt, and spices. Add rolled oats.
2. Cream shortening, add sugar gradually and continue creaming until light and fluffy. Add eggs, one at a time, beating well after each addition.
3. Add sifted dry ingredients to creamed mixture. Add raisins and nuts.
4. Add enough milk to make of consistency to drop from spoon on to greased baking sheet.
5. Place in 350°F. oven. Bake 10 to 15 minutes.

PIES

PLAIN PASTRY

- 2 cups sifted all-purpose flour
- 1 teaspoon salt
- $\frac{2}{3}$ cup shortening
- 5 $\frac{1}{2}$ tablespoons cold water

1. Mix and sift flour and salt. Cut shortening into mix using pastry blender or fork.
2. Sprinkle water, a small amount at a time, over the mixture and toss together lightly. Use only enough water to hold dry ingredients together.
3. Turn onto a piece of waxed paper. Press together and place in refrigerator for about 15 minutes. Roll and fit on pie plate.
4. Bake according to directions for kind of pie. This recipe makes enough for a double crust 9 inch pie or two 9 inch shells.

PLAIN PASTRY • (Electric Mixer Method) •

1. Sift flour and salt together into large bowl of electric mixer.
2. Add shortening and blend it with flour using slowest speed.
3. Add water and continue mixing on slowest speed just long enough to form dough.
4. Turn onto a piece of waxed paper. Press together and place in refrigerator for about 15 minutes, then roll and fit on pie plate.
5. Bake according to directions.

CUSTARD PIE

4 eggs
1/2 cup sugar
1/4 teaspoon salt
1/2 teaspoon vanilla
1/2 teaspoon almond flavoring
2 1/2 cups scalded milk
Pastry

1. Line 9 inch pie plate with plain pastry.
2. Beat eggs slightly, add sugar, salt, and flavorings. Slowly pour scalded milk into the egg mixture, stirring as it is added. Add a dash of nutmeg, if desired.
3. Pour into unbaked pie shell. Place on lowest rack in 400°F. oven. Bake 25 to 30 minutes.

NOTE: Tip of silver knife in center of pie comes out almost clean when custard is done. Do not cut until cooled.

CREAM PIE

3/4 cup sugar
1/3 cup sifted all-purpose flour
1/4 teaspoon salt
2 cups milk

3 eggs, separated
2 tablespoons butter or margarine
1 teaspoon vanilla
Baked pastry shell

1. Mix sugar, flour, and salt. Add milk.
2. Cook over Low heat until mixture thickens, stirring constantly.
3. Beat egg yolks and combine with the cooked mixture. Cook for 2 or 3 minutes longer. Add butter or margarine. Cool. Add flavoring.
4. Pour into baked pastry shell and spread with meringue.

MERINGUE

1. Beat the 3 egg whites until stiff. Gradually add 6 tablespoons sugar, beating as it is added. Continue beating until stiff.
2. Spread on pie.
3. Place in 325° F. oven. Bake 20 minutes.

CAKES

QUICK WHITE CAKE

- 2 cups sifted cake flour
- 1 $\frac{1}{4}$ cups sugar
- 3 $\frac{1}{2}$ teaspoons baking powder
- 1 teaspoon salt
- $\frac{1}{2}$ cup shortening
- 1 cup milk
- 1 teaspoon vanilla
- $\frac{1}{4}$ teaspoon almond flavoring
- 4 egg whites, unbeaten

1. Mix and sift flour, sugar, baking powder and salt into large bowl of electric mixer.
2. Add shortening, $\frac{2}{3}$ cup of milk and flavorings.
3. Beat 2 minutes with electric beater on medium speed.
4. Add unbeaten egg whites and remainder of milk. Beat 2 minutes.
5. Pour into two 8 inch pans which have been greased or lined with waxed paper.
6. Place in 375°F. oven. Bake 25 minutes.

QUICK GINGERBREAD

- 2 $\frac{1}{2}$ cups sifted all-purpose flour
- 1 cup sugar
- 1 teaspoon baking powder
- 1 teaspoon soda
- 1 teaspoon salt
- 1 teaspoon nutmeg
- 2 teaspoons cinnamon
- 2 teaspoons ginger
- $\frac{3}{4}$ cup shortening
- $\frac{1}{2}$ cup molasses
- 1 cup sour or buttermilk
- 2 eggs

1. Mix and sift flour, sugar, baking powder, soda, salt and spices.
2. Add shortening.
3. Mix molasses, sour or buttermilk and eggs. Add to dry ingredients and shortening mixture. Mix until smooth.
4. Pour into a greased pan.
5. Place in 350°F. oven. Bake 40 to 60 minutes.

PLAIN LAYER CAKE

- 1 $\frac{3}{4}$ cups sifted cake flour
- 2 teaspoons baking powder
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ cup shortening

- 1 cup sugar
- 2 eggs
- 1 teaspoon vanilla
- $\frac{1}{2}$ cup milk

1. Mix and sift flour, baking powder, and salt.
2. Cream shortening, add sugar gradually and continue creaming until light and fluffy. Add eggs one at a time, beating well after each addition. Add vanilla.
3. Add sifted dry ingredients and milk alternately to the creamed mixture. Mix.
4. Pour batter into two 8 inch layer cake pans which have been greased or lined with waxed paper.
5. Place in 375°F. oven. Bake 25 minutes.

CHOCOLATE CAKE

2 cups sifted cake flour
1 teaspoon soda
¼ teaspoon baking powder
⅛ teaspoon salt
½ cup shortening

1 ¼ cups brown sugar
2 eggs
1 teaspoon vanilla
2 squares melted chocolate
1 cup milk

1. Mix and sift flour, soda, baking powder and salt.
2. Cream shortening, add sugar gradually and continue creaming until light and fluffy. Add eggs one at a time, beating well after each addition. Add vanilla: Add melted chocolate.
3. Add sifted dry ingredients and milk alternately to the creamed mixture. Mix.
4. Pour batter into two 8 inch layer cake pans which have been greased or lined with waxed paper.
5. Place in 350°F. oven. Bake 30 minutes.

NOTE: In mixing cakes with electric mixer use the following method. In large bowl of electric mixer using medium fast speed, cream butter and sugar very thoroughly. Add eggs one at a time, beating well after each addition. Add dry ingredients and milk alternately using slowest speed of your mixer.



DEEP WELL COOKING

Electrically

Ever so many of your popular homey foods cook to perfection in the deep well cooker of your electric range.



- 1.** In using your well cooker, bring food to boiling point on High heat, then turn to Low. Start timing food after boiling point is reached.
- 2.** When cold food is added during the cooking period, turn switch back to High until steaming, then to Low or Simmer to complete cooking.
- 3.** Do not remove cover during cooking period unless necessary. If it is removed, after replacing, turn switch to High to regain steaming point, and then to Low or Simmer to continue cooking.
- 4.** So that flavors do not intermingle and foods do not become moisture laden, keep heat on during entire cooking period.

Here are some

USES of the DEEP WELL COOKER

<u>Food</u>	<u>Amount of Water</u>	<u>Switch Position</u>	<u>Approximate Cooking Time</u>
Vegetables (large or small)	1 cup	High until steaming freely, (10 to 20 minutes). Low to cook, (35 minutes).	30 to 45 minutes
Steamed breads and puddings	1 to 2 cups	High until steaming freely, (10 to 20 minutes). Low to cook as recipe indicates.	as recipe indicates
Salted or smoked meats	water to cover meats	High until simmering. Low 4 to 6 hours.	4 to 6 hours
Less tender meats pot roast, etc.	no water or small amount depending on juiciness of meat	High (with cover off to brown), 20 to 30 minutes. Low to cook (30 to 40 minutes per pound).	depending on size of pot roast
Soup	see recipe (page 24)	High until steaming. Low to cook.	see recipe
Stew	see recipe (page 23)	High until steaming. Low to cook.	see recipe
Boston Beans (dry beans)	see recipe (page 23)	Low 8 to 10 hours.	8 to 10 hours
Steamed soft shell clams or shrimp	2 cups salted	High to boil water, add shrimp or clams. Cook on High heat 10 to 20 minutes, Low 20 minutes.	30 to 40 minutes
*Deep fat frying	3 pounds fat	High to bring fat to desired temperature. Medium to maintain temperature.	

*See chart on page 22.

DEEP FAT FRYING CHART

<u>Food</u>	<u>Temperature</u>	<u>Time</u>
Croquettes, fish balls	370°F. to 385°F.	2 to 5 minutes
Doughnuts	360°F. to 375°F.	2 to 4 minutes
Fritters (fruit and vegetable)	360°F. to 375°F.	3 to 5 minutes
French fried potatoes	385°F. to 400°F.	3 to 6 minutes
Oysters and shellfish	370°F. to 380°F.	2 to 5 minutes
Fish fillets	360°F. to 375°F.	3 to 4 minutes

NOTE: Frozen foods should be thawed completely before frying.

NOTE: Temperature of frying fat may be tested by browning a 1 inch cube of bread in the hot fat. If the cube of bread browns in 60 seconds the fat is hot enough for frying uncooked mixtures. If the bread browns in 40 seconds the fat is hot enough for frying cooked mixtures.

OTHER USES FOR DEEP WELL COOKER:

- Cooking complete meals
- Cooking or heating baby foods
- Cooking dried fruits and vegetables
- Blanching foods to be frozen or canned
- Canning fruit (pint jars)
- Making jelly or jam
- Quantity cookery (cocoa, chili, soups, vegetables, etc.)

STERILIZING:

Babies bottles, jelly glasses and glass jars can be safely and economically sterilized in the deep well cooker. Put 2 cups water in cooker well and place bottles upside down on trivet. Turn switch to High heat until steaming. Turn to Low heat and steam 30 minutes.

NEW ENGLAND CLAM CHOWDER

Yield; — 6 SERVINGS

- ¼ pound salt pork (cubed)
- 1 onion, sliced
- 4 cups potato cubes (3 to 4 inch)
- 2 cups boiling water
- 2 cans Maine clams (10½ ounces each) or
1 dozen clams (chopped)
- 1 quart milk, scalded
- 1½ teaspoons salt
- ¼ teaspoon pepper

1. Sauté salt pork and onion in bottom of deep well cooker on High heat.
2. Add potatoes and water. Cover and cook 5 minutes.
3. Add juice from clams. Bring to steaming on High heat, then turn to Low heat or Simmer and cook 30 minutes.
4. Add chopped clams, then add milk. Season with salt and pepper.
5. Cover. Cook on Low heat or Simmer 30 minutes.

BRUNSWICK STEW

Yield; — 6 SERVINGS

- 5 pound chicken, cut into pieces
- 1 quart water
- 1 onion
- 4 teaspoons salt
- 2 cups cooked lima beans or 1 package
frozen lima beans
- 4 cups diced potatoes
- 2 cups cut okra
- 1 can tomato soup, or 3 tomatoes, quartered
- ½ teaspoon pepper
- ¼ cup flour
- 1 can whole kernel corn

1. Wash chicken, place in deep well cooker with 1 quart water and onion. Cover.
2. Cook on High heat until steaming, then turn to Low heat or Simmer and cook 1 hour or until chicken is tender.
3. Remove chicken from cooker. Remove meat from bone, leaving chicken in as large pieces as possible.
4. Skin fat from stock and add remaining ingredients with the exception of the flour and corn. Cook on Low heat or Simmer for 1 hour.
5. Blend ¼ cup of chicken fat with flour and add to the stew.
6. Turn to High heat and cook until thickened.
7. Add corn and cook 5 minutes longer.

BOSTON BAKED BEANS

Yield; — 6 to 8 SERVINGS

- 1 pound white pea beans
- 2 teaspoons salt
- 1 teaspoon dry mustard
- 1 small onion
- ¼ teaspoon black pepper
- 5 tablespoons molasses
- ¼ pound salt pork or bacon
- 4 cups water

1. Wash and pick over beans.
2. Place in deep well cooker with seasonings, salt pork and water. Stir. Cover.
3. Turn switch to Low heat or Simmer and cook 8 to 10 hours. (If cooking 2 pounds of beans, use only 6 cups water but double other ingredients.)

NOTE: Catsup or tomato juice may be used for 1 cup liquid.

VEGETABLE SOUP

Yield; — 6 SERVINGS

- 1 pound lean beef or lamb (1 inch cubes)
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon pepper
- 6 cups cold water
- 2 cups canned tomatoes
- 2 onions, diced
- 2 carrots, cubed
- 3 potatoes, cubed
- 3 stalks celery, chopped

1. Place meat in deep well cooker and sprinkle with salt and pepper. (Meat may be browned in a small amount of fat if desired. Brown meat on High heat.)
2. Add water and cover. Turn to Low heat or Simmer and cook 3 hours.
3. Add tomatoes and other vegetables. Season with salt. Cook on High heat until steaming, then turn to Low heat or Simmer and cook 45 minutes.

STEAMED BROWN BREAD

- 1 cup rye meal
- 1 cup fine corn meal
- 1 cup whole wheat flour
- 2 teaspoons soda
- 1 teaspoon salt
- $\frac{3}{4}$ cup molasses
- 2 cups sour milk

1. Combine dry ingredients. Add molasses and milk and mix until well blended.
2. Pour into well greased cans or molds. Fill $\frac{2}{3}$ full. Adjust lid, or cover with waxed paper.
3. Put 1 cup water in deep well cooker and place cans or molds on trivet.
4. Cook on High heat until steaming, then turn to Low heat or Simmer and cook $2\frac{1}{2}$ hours.

NOTE: If electric mixer is used, combine dry ingredients in large bowl, add liquid ingredients and mix until well blended, using slow speed.

OLD FASHIONED PLUM PUDDING

- $1\frac{1}{3}$ cups sifted all-purpose flour
- $\frac{1}{4}$ teaspoons salt
- 1 teaspoon soda
- $\frac{1}{4}$ teaspoon allspice, cinnamon, cloves, and nutmeg
- $\frac{1}{8}$ teaspoon mace
- $\frac{3}{4}$ cup brown sugar
- $1\frac{1}{3}$ cups ground suet
- 1 cup seeded raisins
- $\frac{3}{4}$ cup seedless raisins
- $\frac{3}{4}$ cup currants
- $1\frac{1}{4}$ cups chopped mixed candied fruits
- 2 eggs, beaten
- $\frac{1}{3}$ cup orange juice

1. Mix and sift flour, salt, soda and spices. Add remaining ingredients and mix well.
2. Pour into a well greased $1\frac{1}{2}$ quart mold. Adjust lid, or cover with waxed paper.
3. Place 2 cups water in deep well cooker and place mold on trivet.
4. Cook on High heat until steaming, then turn to Low heat or Simmer and cook 5 hours. Serve with Hard or Foamy Sauce.

STEAMED CHERRY AND COCONUT PUDDING

- 1/3 cup butter or margarine
- 1/2 cup sugar
- 2 eggs
- 1 teaspoon vanilla
- 3/4 cup coconut
- 3 cups graham cracker crumbs
- 1/4 teaspoon salt
- 1 1/2 teaspoons baking powder
- 1 1/2 cups milk
- 1/2 cup maraschino cherries

1. Cream shortening and sugar together until light and fluffy. Add eggs one at a time, beating well after each addition. Add flavoring and coconut.
2. Mix cracker crumbs, salt, and baking powder. Add alternately with the milk to the creamed mixture. Fold in cherries.
3. Pour into a well greased 2 quart mold. Adjust lid, or cover with waxed paper.
4. Place 1 1/2 cups water in deep well cooker and place mold on trivet.
5. Cook on High heat until steaming, then turn to Low heat or Simmer and cook for 1 1/2 hours.
6. Serve with Fluffy Pudding Sauce.

NOTE: If electric mixer is used, cream shortening and sugar together using Medium High speed. When liquid and dry ingredients are added, use slowest speed.

DEEP WELL *Cooker* MEALS

Complete meals, including dessert can be cooked at the same time in the well cooker. To prevent intermingling of flavors, do not turn off heat until all foods are removed for serving.

SALMON LOAF WITH VEGETABLES

Yield: — 4 to 6 SERVINGS

- 1 can salmon (1 pound)
- 1 cup bread or cracker crumbs
- 1 tablespoon chopped onion
- 1 tablespoon chopped green pepper
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 2 tablespoons butter or margarine
- 2 eggs, beaten
- 1 cup milk
- 1 pound green beans
- 4 to 6 potatoes

1. Drain salmon. Remove bones and separate into flakes.
2. Mix salmon, bread crumbs, chopped onion, and chopped green pepper. Add salt and pepper. Add butter or margarine, slightly beaten eggs, and milk.
3. Pack mixture into a greased mold. Adjust lid.
4. Prepare green beans and potatoes for cooking. Arrange green beans in bottom of deep well. Add 2 tablespoons butter or other fat, 1 teaspoon salt, and 1 cup water. Place potatoes on green beans.
5. Place salmon mold on rack over vegetables.
6. Cook on High heat until steaming, then turn to Low heat or Simmer and cook 50 minutes.

BRAISED SHORT RIBS WITH JAM PUDDING

Yield; — 4 SERVINGS

BRAISED SHORT RIBS

3 pounds short ribs
3 tablespoons fat
2 onions, cut into rings
1/2 cup water
4 potatoes
4 carrots

1. Season short ribs with salt and pepper. Dredge with flour.
2. Heat fat in bottom of deep well cooker. Brown short ribs in hot fat using High heat.
3. Add onion rings and water. Cover. Continue cooking on High heat until steaming, then turn to Low heat or Simmer and cook 1 1/2 hours.
4. Place potatoes and carrots on top and around meat. Place pudding on top of vegetables.
5. Turn switch to High heat until steaming, then turn to Low heat or Simmer and cook 1 1/2 hours.

JAM PUDDING

2/3 cup sifted all-purpose flour
1/4 teaspoon salt
2 teaspoons baking powder
2/3 cup sugar
2/3 cup soft bread crumbs
2 eggs
2/3 cup milk
1/3 cup melted butter or margarine
2/3 cup jam
1 teaspoon grated lemon rind

1. Sift flour, salt, baking powder, and sugar together. Add bread crumbs.
2. Beat eggs, add milk, melted butter or margarine, jam, and grated lemon rind.
3. Combine dry ingredients with liquid ingredients and mix well.
4. Pour into a well greased pudding pan or mold. Adjust lid, or cover with waxed paper.
5. Cook on High heat until steaming, then turn to Low heat or Simmer and cook 1 1/2 hours.

PORK CHOPS AND RICE WITH UPSIDE DOWN CAKE

Yield; — 4 SERVINGS

PORK CHOPS AND RICE

- 4 pork chops (1 1/2 inches thick)
- 3 cups tomato juice
- 1 onion, sliced
- 4 tablespoons chopped green pepper
- 1/4 teaspoon salt
- 1/2 cup rice

1. Brown pork chops in bottom of deep well cooker on High heat.
2. Add tomato juice, sliced onion, chopped green pepper, salt, and rice.
3. Place pan containing upside down cake on trivet over pork chops. Cover.
4. Cook on High heat until steaming, then turn to Low heat or Simmer and cook 1 1/2 hours.

UPSIDE DOWN CAKE

- 1 cup sifted all-purpose flour
- 1 1/2 teaspoons baking powder
- 1/8 teaspoon salt
- 1/4 cup shortening
- 1/2 cup sugar
- 1 egg
- 1/4 teaspoon orange flavoring
- 1/4 cup milk

TOPPING

- 1/3 cup sugar
- 3 tablespoons butter
- Pineapple slices

1. Mix and sift flour, baking powder, and salt.

Cream shortening and sugar together very thoroughly. Add egg and beat until light and fluffy. Add flavoring.

3. Add sifted dry ingredients and milk alternately. Mix.
4. In bottom of well greased pudding pan, combine the 3 tablespoons melted butter and 1/3 cup sugar. Over this arrange sliced pineapple or other fruit.
5. Cover fruit cake with batter. Place pan on rack over pork chops.

NOTE: Instead of fruit, orange marmalade may be used. Spread marmalade or jam in bottom of well greased pudding pan. At the end of the cooking time remove deep well cover and take out immediately.

TOP OF RANGE COOKING

Electrically

Your electric range provides accurately measured heat for any surface cooking job whether it requires intense, moderate or extremely low heat. The various heats are controlled by the switch positions which are well identified. Certain switch positions provide high heat all over the unit, others provide low heat all over. Some positions may heat the center or outside coils separately.

The large 8 inch units are used for frying and cooking in large utensils, while the small or 6 inch units are used for most other cooking, especially when done in small utensils. One of the units is often a well cooker.

NO SPECIAL COOKING UTENSILS REQUIRED

Better results will be obtained, however, with utensils having—

Flat Bottoms—make better contact with unit

Straight Sides—conserve heat

Closely Fitting Covers—hold steam within pan and reduce cooking time

Also utensils which are—

Same Size as Unit—to avoid heat loss

Of Medium Weight—to prevent warping or buckling



PRESSURE SAUCEPANS

Timing is extremely important in using pressure saucepans. Follow the manufacturer's instructions for best results.

CEREALS

1. Bring water to boiling point on High heat and add cereal. (Follow directions on package for proportion of water to cereal.)
2. When boiling point is reached, turn to Low heat or Simmer to finish cooking. Cook closely covered.

SOFT OR HARD COOKED EGGS

1. Place $\frac{1}{2}$ inch of water in a sauce pan and add eggs.
2. Cover the pan.
3. Cook on High heat until simmering.
4. Turn switch to Simmer or OFF.
5. Cook 3 to 5 minutes for soft-cooked eggs, 20 minutes for hard-cooked eggs.

STEAMED RICE

1 cup rice
1 teaspoon salt
 $\frac{1}{2}$ teaspoon butter
2 cups water

1. Wash rice. Place in 6 inch saucepan with salt, butter, and water. Cover.
2. Cook on High heat until steaming, then turn to Low heat or Simmer for 20 to 25 minutes.

EGGS AND BACON

1. Place bacon in frying pan.
2. Turn heat to Medium-High.
3. When bacon begins to cook, turn to Low heat. Cook to desired doneness.
4. Pour some of fat from pan and drop eggs into pan. Fry on Low heat or OFF.

EGG MILK AND CHEESE DISHES

Because of the accurate heat selection and control of the electric range surface units, it is not necessary to use a double boiler for cooking milk, cheese and egg dishes. Use Low heat or Simmer for these mixtures.

WHITE SAUCE (Medium)

2 tablespoons butter or other fat
2 tablespoons flour
1 cup milk
 $\frac{1}{4}$ teaspoon salt

1. Blend fat and flour in sauce pan on High heat. Add milk and salt.
2. Turn to Low heat or Simmer and cook until it thickens, stirring as it cooks.

WHITE SAUCE (Variations)

The above Medium White Sauce is used for vegetables, creamed meats or fish.

To prepare Thin White Sauce use 1 tablespoon butter or other fat, 1 tablespoon flour, and $\frac{1}{4}$ teaspoon salt to each 1 cup milk. This is used as a soup base.

To prepare Thick White Sauce use 3 tablespoons butter or other fat, 3 tablespoons flour, and $\frac{1}{4}$ teaspoon salt to each 1 cup milk. This is used in croquettes.

To prepare a Very Thick White Sauce use 4 tablespoons butter or other fat, 4 tablespoons flour, and $\frac{1}{4}$ teaspoon salt to each 1 cup milk. This is used in souffles.

CHEESE SAUCE

To medium white sauce, add $\frac{1}{2}$ cup grated cheese. Stir until cheese is melted.

TOMATO SAUCE

Substitute 2 cups cooked tomatoes for 1 cup milk in medium white sauce.

HORSERADISH SAUCE

To medium white sauce, add $\frac{1}{4}$ cup prepared horseradish. Blend well and reheat.

FLUFFY PUDDING SAUCE

$\frac{1}{4}$ cup butter or margarine
1 cup sugar
2 tablespoons flour
 $\frac{1}{4}$ teaspoon salt
1 cup water
2 eggs, separated
1 teaspoon vanilla
 $\frac{1}{4}$ teaspoon almond flavoring

1. Combine butter or margarine, sugar, flour, and salt in sauce pan. Stir in water. Cook on Low heat until the mixture thickens.
2. Beat egg yolks slightly and combine with the mixture. Cook on Low heat or Simmer for about 2 minutes, stirring as it cooks. Cool.
3. Beat egg whites until stiff. Add flavoring to sauce and fold in stiffly beaten egg whites.

LEMON SAUCE

$1\frac{1}{2}$ tablespoons cornstarch
 $\frac{1}{2}$ cup sugar
 $1\frac{1}{2}$ cups cold water
3 tablespoons lemon juice
2 teaspoons grated lemon rind
few grains of nutmeg
2 tablespoons butter or margarine

1. Combine cornstarch, sugar, and water in a sauce pan. Cook on Low heat until mixture thickens.
2. Remove from heat. Add lemon juice, grated lemon rind, nutmeg, and butter or margarine.

SOFT CUSTARD

- 2 cups milk
- 3 eggs
- $\frac{1}{3}$ cup sugar
- $\frac{1}{8}$ teaspoon salt
- $\frac{1}{4}$ teaspoon vanilla or other flavoring

1. Scald milk in covered sauce pan on Low heat.
2. Beat eggs slightly.
3. Add sugar and salt to beaten eggs.
4. Stir scalded milk into egg mixture.
5. Return to unit. Stir and cook on Low heat until mixture coats spoon.
6. Remove from heat and cool.
7. Add flavoring.

WONDER FROSTING

- 1 $\frac{1}{2}$ cups sugar
- $\frac{1}{8}$ teaspoon salt
- $\frac{1}{4}$ teaspoon cream of tartar
- $\frac{1}{3}$ cup water
- 2 egg whites
- 1 teaspoon vanilla

1. Combine sugar, salt, cream of tartar and water in sauce pan. Let come to a full rolling boil and boil three minutes.
2. Place unbeaten egg whites in small bowl of electric mixer. Beat to a froth. Add hot syrup gradually. Beat five minutes.
3. Beat in flavoring.

NOTE: This is a soft frosting. If desired add 6 marshmallows to hot syrup and allow to dissolve before adding to egg whites.

CHOCOLATE FROSTING

- 1 $\frac{1}{2}$ squares unsweetened chocolate
- $\frac{1}{4}$ cup cream or top milk
- 1 tablespoon butter
- 1 egg yolk
- $\frac{1}{8}$ teaspoon salt
- $\frac{1}{2}$ teaspoon vanilla
- 2 cups confectioners sugar

1. Place chocolate, cream and butter in sauce pan on 6 inch unit. Turn to Low heat or Simmer. Stir until chocolate melts. Cool slightly.
2. Beat in egg yolk, salt, and vanilla.
3. Stir in confectioners sugar until frosting is thick enough to spread. (Enough to frost a 9-inch, two-layer cake.)

Cooking Vegetables

Scientifically designed electric units produce accurately measured heat at all times —this makes it possible to cook vegetables in very small amounts of water. Only enough liquid is necessary to create steam and to prevent sticking. You will be delighted with this method as the color, flavor, and food nutrients are retained.



In Cooking Vegetables

1. Always use a pan which has a closely fitting cover.



2. Use very little water— $\frac{1}{4}$ to $\frac{1}{2}$ cup in the bottom of the pan.



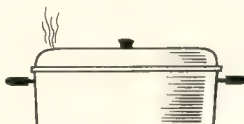
3. Cook quickly—turn heat to High until steaming point is reached.



4. Reset switch to Low or Simmer. Cook only until tender.



5. Keep pan covered. Do not stir.



6. Add seasonings either at the beginning or end of cooking period.
(See time chart on page 34.)



In Cooking Frozen Vegetables

Place in the frozen state in a small amount of boiling water ($\frac{1}{4}$ to $\frac{1}{2}$ cup). Cook closely covered. Frozen vegetables do not require as much cooking time as fresh vegetables. Suggested cooking time is usually given on the package.

Dependable controlled heat makes it possible to use very small amounts of water in vegetable cookery.

TIME CHART FOR COOKING VEGETABLES

<u>Vegetable</u>	<u>Liquid</u>	<u>Approximate Time</u>
Asparagus	$\frac{1}{4}$ to $\frac{1}{2}$ cup	15 to 20 minutes
Artichokes	$\frac{1}{4}$ to $\frac{1}{2}$ cup	20 to 25 minutes
String, wax, or green beans	$\frac{1}{2}$ to $\frac{3}{4}$ cup	15 to 25 minutes
Lima (Green)	$\frac{1}{4}$ to $\frac{1}{2}$ cup	20 to 25 minutes
Beets, diced	$\frac{1}{4}$ to $\frac{1}{2}$ cup	20 to 25 minutes
Broccoli	$\frac{1}{4}$ to $\frac{1}{2}$ cup	15 to 25 minutes
Brussels Sprouts	$\frac{1}{2}$ cup	15 to 20 minutes
Cabbage, shredded	$\frac{1}{4}$ to $\frac{1}{2}$ cup	7 to 15 minutes
Cabbage, quartered	$\frac{1}{4}$ to $\frac{1}{2}$ cup	20 to 25 minutes
Carrots	$\frac{1}{4}$ to $\frac{1}{2}$ cup	15 to 25 minutes
Cauliflower	$\frac{1}{4}$ to $\frac{1}{2}$ cup	15 to 25 minutes
Celery	$\frac{1}{4}$ to $\frac{1}{2}$ cup	15 to 20 minutes
Corn on cob	1 cup	10 to 15 minutes
Greens, dandelion	none	15 to 20 minutes
Egg plant	$\frac{1}{4}$ to $\frac{1}{2}$ cup	10 to 20 minutes
Kohlrabi	$\frac{1}{4}$ to $\frac{1}{2}$ cup	20 to 30 minutes
Kale	$\frac{1}{4}$ cup	18 to 30 minutes
Onions	$\frac{1}{4}$ to $\frac{1}{2}$ cup	25 to 30 minutes
Parsnips	$\frac{1}{4}$ to $\frac{1}{2}$ cup	20 to 35 minutes
Peas	$\frac{1}{4}$ to $\frac{1}{2}$ cup	18 to 23 minutes
Potatoes	$\frac{1}{4}$ to $\frac{1}{2}$ cup	25 to 30 minutes
Rutabagas	$\frac{1}{4}$ to $\frac{1}{2}$ cup	19 to 23 minutes
Spinach	none	8 to 10 minutes
Squash, summer	$\frac{1}{4}$ to $\frac{1}{2}$ cup	10 to 20 minutes
Squash, hubbard	$\frac{1}{4}$ to $\frac{1}{2}$ cup	20 to 25 minutes
Tomatoes	none	10 to 15 minutes
Turnips	$\frac{1}{4}$ to $\frac{1}{2}$ cup	20 to 25 minutes

Mature vegetables require a little more liquid and cooking time. Vegetables will require longer cooking at high altitudes.

How to Panfry

1. Brown meat on both sides in small amount of fat.
2. Season with salt and pepper.
3. Do not cover.
4. Cook on Medium High until done, turning occasionally.
5. Remove from pan and serve at once.

• Use •

BEEF

Steaks suitable for broiling but cut thin
Patties

VEAL

Chops and Cutlets

PORK—Fresh

Thin Chops
Tenderloin

PORK—Smoked

Ham Slice
Canadian-style
Bacon
Bacon

LAMB

Chops
Patties

LIVER

BRAINS

SWEETBREADS

How to Braise

1. Brown meat on all sides in fat in heavy utensil.
2. Season with salt and pepper.
3. Add small amount of liquid if necessary.
4. Cover tightly.
5. Cook on Low heat or Simmer until tender.

• Use •

BEEF

Pot-Roasts
Swiss Steaks
Fricassee
Birds
Short Ribs
Round Steak
Stuffed Steak
Heart
Kidney

Heart
Kidney

PORK—Fresh

Shoulder Steaks
Rib Chops
Loin Chops
Spareribs
Tenderloin, Frenched
Hocks
Heart
Kidney

VEAL

Breast
Birds
Shoulder Chops
Rib Chops
Loin Chops
Steaks or Cutlets

LAMB

Breast
Shoulder
Neck Slices
Shanks

How to Cook in Liquid

1. Brown meat on all sides in own fat or lard when desirable.
2. Season with salt and pepper.
3. Cover with liquid, cover kettle, cook on Simmer until tender.
4. Add vegetables just long enough before serving to be cooked.

• Use •

BEEF

Neck
Shank
Heel of Round
Plate
Brisket
Short Ribs
Chuck
Flank
Heart
Tongue
Kidney
Corned Beef

Breast
Tongue
Heart
Kidney

PORK—Fresh

Hocks

PORK—Smoked

Ham
Picnic
Shoulder Butt

LAMB

Neck
Breast
Shoulder
Flank
Shank

VEAL

Shoulder
Flank
Neck
Shank

How to Panbroil

1. Place meat in heavy frying pan.
2. Do not add fat or water. Do not cover.
3. Cook slowly, turning occasionally.
4. Pour fat from pan as it accumulates.
5. Brown meat on both sides.
6. Season. Serve at once.

• Use •

BEEF

Steaks —
Rib
Club
Tenderloin
(filet mignon)
T-Bone
Porterhouse
Sirloin
Top Round
Patties

PORK—Smoked

Ham Slice
Canadian-style
Bacon
Bacon

LAMB

Chops
Shoulder
Rib
Loin
Patties
Liver
Kidney

VEAL

Liver

BRAINS

SWEETBREADS

ONE DISH MEALS

• MEAT BALLS WITH SPAGHETTI •

Yield; — 4 to 6 SERVINGS

1 pound ground beef
1 teaspoon salt
 $\frac{1}{8}$ teaspoon pepper
3 tablespoons fat
 $\frac{1}{2}$ cup chopped onion
1 garlic bud, chopped
 $\frac{1}{2}$ cup chopped green pepper
1 cup chopped celery
3 cups tomatoes
2 tablespoons Worcestershire Sauce
1 teaspoon salt
 $\frac{1}{2}$ box fine spaghetti (4 ounce)
Parmesan cheese

1. Season meat with salt and pepper and form into balls about 1 inch in diameter.
2. Brown meat balls in hot fat on Medium High heat.
3. Add onion, garlic, green pepper, celery, tomatoes, Worcestershire Sauce, and salt.
4. Bring to steaming point. Add the spaghetti, pressing it down well into the tomato mixture.
5. Cover. Cook on High heat until steaming, then turn to Low heat or Simmer and cook 30 minutes.
6. Serve with Parmesan cheese.

• SAVORY CHICKEN •

Yield; — 4 SERVINGS

1 chicken (3 pound)
4 tablespoons fat
1 onion, sliced
1 green pepper, minced
1 cup celery strips
 $1\frac{1}{2}$ cups water
4 medium sized potatoes
4 carrots, quartered

1. Prepare chicken for cooking and cut in serving pieces. Season with salt and pepper. Brown in the hot fat on Medium High heat.
2. Add onion slices, minced green pepper, celery strips, and water. Add potatoes and carrots. Season with salt and pepper.
3. Cook on Medium High heat until steaming, then turn to Low heat or Simmer for 1 hour or until chicken is tender.

• SPANISH NOODLES •

Yield; — 6 SERVINGS

1 pound lamb shoulder cubed
3 teaspoons salt
 $\frac{1}{8}$ teaspoon pepper
2 tablespoons fat
 $\frac{1}{4}$ cup chopped onion
 $\frac{1}{4}$ cup chopped green pepper
 $\frac{1}{2}$ cup sliced mushrooms
2 cups uncooked noodles
3 cups tomatoes
 $1\frac{1}{2}$ teaspoons sugar

1. Season cubed lamb with $1\frac{1}{2}$ teaspoons salt and $\frac{1}{8}$ teaspoon pepper.
2. Heat fat in skillet. Brown meat in hot fat. Add other ingredients.
3. Cover. Cook on High heat until steaming, then turn to Low heat or Simmer and cook 45 minutes.



SHRIMP LUNCHEON DISH

Yield; — 4 SERVINGS

3 tablespoons butter or margarine
1 onion, minced
1 green pepper, minced
1 clove garlic, minced
 $\frac{1}{4}$ cup pimento, minced
1 cup rice
 $\frac{1}{2}$ cup mushrooms
 $1\frac{1}{2}$ cups shrimp, cleaned
1 teaspoon salt
1 bay leaf
2 cups water

1. Melt butter or margarine in pan on Medium High heat. Add onion, green pepper, garlic, pimento, and rice. Add mushrooms and shrimp. Add salt, bay leaf, and water.
2. Cover. When steaming, turn to Low heat or Simmer for 30 minutes.

BROILING

Electrically

The glowing heat of the electric broiler will make it the star attraction of your electric range. Electrically broiled foods have that delectable, grilled flavor we like so well.

THIS IS THE WAY TO BROIL —

1. Place meat on cold broiler pan.
2. Place broiler pan so that top of food is three or four inches from broiler unit.
3. Turn oven controls to Broil.
4. Leave door slightly ajar.
5. Cook on one side until brown and season. Turn and cook on other side and season.

REMEMBER — TOO —

1. Only tender cuts of meat should be broiled, such as: loin or rib steaks, lamb chops, fish, ham, small young chickens; also ground meat patties, sausages and luncheon meats.
2. Cut or score fat around steaks or ham to prevent the edges from curling during broiling.
3. Whole fish should be split and spread flat, skin side down.
4. Fresh tomatoes, oranges, grapefruit and bananas can be broiled. Fruits and vegetables should be placed on rack around meat after first side is cooked. Precooked foods can be placed in bottom of pan (under meat) to be heated.



BROILED CHICKEN

1. Select young, tender chicken.
2. Brush both sides with melted fat. Season with salt and pepper.
3. Place skin side down on broiler rack and place underneath broiler unit.
4. Turn switch to Broil. Leave door slightly ajar. Broil on one side. Season.
5. Turn and broil on other side.
6. See chart for broiling time.

BROILED FISH

1. Wipe fish with damp cloth.
2. Brush slices with melted fat.
3. Place on greased broiler pan and place underneath broiler unit.
4. Turn switch to Broil. Leave door slightly ajar. Broil on one side. Season.
5. See chart for broiling time.

BROILED STEAKS

1. Select tender cut of meat — loin or rib cuts.
2. Score fat around edges to prevent curling.
3. Place on cold broiler pan and place underneath broiler unit.
4. Turn switch to Broil. Leave door slightly ajar. Broil on one side. Season.
5. Turn steak, broil on other side, and season.
6. See chart for broiling time.

BROILER MEALS

***Whole meals in your broiler and
done to a turn —***

LAMB CHOP GRILL

Yield; — 4 SERVINGS

KIDNEYS

SAUSAGE

- 4 loin lamb chops
- 4 large sausages or 8 small ones
- 2 lamb kidneys
- 2 tomatoes
- 8 large mushrooms

MUSHROOMS

TOMATOES

1. Have lamb chops cut $\frac{3}{4}$ to 1 inch thick.
2. Soak kidneys in salted water for 15 minutes, dry, remove tubes and split in halves. Brush with melted butter.
3. Cut tomatoes in halves, brush with melted butter, season with salt and pepper.
4. Wash mushrooms, remove stems (peel if desired). Brush with melted butter.
5. Place chops and sausages on rack of broiler pan, turn oven switch to Broil. Place pan so that top of meat is about 4 inches from broiler unit. Leave oven door partially open. Broil 6 to 8 minutes.
6. Turn chops and sausages, add tomatoes, kidneys and mushrooms. Continue broiling 6 to 8 minutes longer.
7. Arrange on hot platter and serve.



HAM SLICE

Yield; — 6 SERVINGS

SWEET POTATO CROQUETTES

APPLE RINGS

1 center slice ham (cut 1 1/2 inches thick)
3 cooking apples
2 cups seasoned mashed sweet potatoes
1/2 cup buttered crumbs
Soft butter
Brown Sugar
Maraschino cherries

1. Wipe ham with a damp cloth. Score fat around edges and place on cold broiler pan.
2. Wash and core apples. Slice crosswise in half-inch slices.
3. Make small croquettes from mashed potatoes and roll in crumbs.
4. Broil ham on one side.
5. Turn and place apple slices and croquettes on broiler pan.
6. After few minutes turn apple slices, brush with butter and sprinkle with brown sugar.
7. When done, arrange meal on large platter. Place a cherry in the center of each apple ring.

BROILED CHEESEBURGERS — DELUXE

Yield; — 6 SERVINGS

CORN

TOMATOES

PEACHES

POTATOES

ONIONS

MEAT MIXTURE

1 1/2 lbs. ground beef
1 1/2 teaspoons salt
1/4 teaspoon pepper
Mix and shape into 6 patties.

CHEESE MIXTURE

Cream together:

6 tablespoons sharp spreading cheese
3 teaspoons Worcestershire Sauce

REST OF GRILL

2 #2 cans drained whole kernel corn, seasoned with salt and pepper
4 cups left-over diced potatoes, seasoned with salt and pepper
6 thick slices of tomato
6 thin slices of onion
6 well drained peach halves
6 teaspoons brown sugar

1. Place potatoes along one side of broiler pan, place corn along other side.
2. Place rack on pan, add hamburg patties, turn oven switch to Broil, place pan so that top of meat will be 4 inches from broiler unit. Broil meat on one side until brown, about 6 to 8 minutes.
3. Turn patties, add tomatoes, top with onion slices, brush with melted butter. Season with salt and pepper.
4. Add peach halves, rounded sides down, add 1 teaspoon brown sugar to each peach cavity.
5. Spread a tablespoon of cheese mixture on each meat patty. Continue broiling until cheese is melted and drips freely on corn and potatoes in the pan below the rack. Arrange on hot platter—serve at once. Makes six servings.

TIME CHART FOR BROILING

<u>Food</u>	<u>Approximate Total Time</u> <i>(one half time on each side)</i>
Bacon	6 to 8 minutes <i>(do not turn)</i>
Beef Patties (1 inch thick)	
Medium	8 to 12 minutes
Well done	13 to 17 minutes
Chicken <i>(brush with melted fat)</i> <i>(place 6 to 8 inches below unit)</i>	30 to 45 minutes <i>(skin side down, then turn skin side up)</i>
Fish <i>(grease rack or pan)</i>	16 to 22 minutes <i>(generally not turned)</i>
Grapefruit Halves <i>(brush with fat)</i>	8 to 12 minutes <i>(do not turn)</i>
Ham—Smoked <i>(½ to 1 inch thick)</i>	18 to 30 minutes
Lamb Chops <i>(¾ to 1 inch thick)</i>	15 to 25 minutes
Lamb Patties (1 inch thick)	15 to 17 minutes
Well done	
Liver (Calves) <i>(½ to 1 inch thick)</i>	8 to 15 minutes
Lobster <i>(brush with melted fat)</i> <i>(remove broiler rack)</i>	30 to 45 minutes
Mushrooms <i>(brush with melted fat)</i>	8 to 10 minutes
Steaks (1 inch thick)	
Rare	15 to 20 minutes
Medium	20 to 30 minutes
Steaks (1½ inches thick)	
Rare	25 to 35 minutes
Medium	35 to 50 minutes
Steaks (2 inches thick)	
Rare	30 to 40 minutes
Medium	50 to 70 minutes
<i>(place 4 to 5 inches below unit)</i>	

CARE of the *Electric* RANGE

TOP OF RANGE:

All switches should be off and range cool before cleaning. Wash enamel parts with warm soapy water, rinse and dry. To prevent stains, wipe up spilled food immediately. Clean chrome plated parts with soap and water. If discolored, use mild abrasive.

SURFACE UNITS:

Food spillage will not injure the surface heating units. Any food that boils over will drip through to the pan under the heating unit—or if caught on the unit will be burned off. The drip pan is directly below the heating units and should be removed frequently for cleaning. Lift unit after each use and wipe around edges. Drip pans should be cleaned after the units have cooled.

DEEP WELL COOKER:

Wipe the well with a cloth wrung from soapy water, then wipe dry. Lift the well to clean the edges. Wash cooker kettle thoroughly with soap and water and remove stains with mild abrasive or steel wool. Wipe cooker dry after each cleaning. Leave lid ajar when not in use.

OVEN:

Any spilled foods or grease left in the oven from one day to the next will cause smoke and odors and will become burned on and difficult to remove. So clean as soon as possible after spillage occurs.

Oven should be cold and switches turned OFF before cleaning. Remove oven racks and upper and lower units if possible. Wipe oven with a cloth wrung from soapy water. Use a mild abrasive if necessary. Scrub oven racks with a stiff brush. To clean oven or broiler pan which has been discolored, use soapy water to which a bit of household ammonia has been added. Scrub with a stiff brush. If food has boiled over in oven and is difficult to remove, soak with cloth saturated in soapy ammonia water.

PLANNING YOUR *Electric* KITCHEN

Planning to build or remodel your kitchen is a major concern for it affects the happiness and well-being of your entire family. The attractive, livable ELECTRIC KITCHEN of today is carefully planned to eliminate tedious tasks—shorten working hours—and put pleasure into living and cooking. It will be a joy for years to come. Three major time-saving centers, The Cooking Center, The Refrigeration Center, and The Cleaning Center form the heart of your ELECTRIC KITCHEN. Good Lighting, Adequate Wiring and Electrical Housewares such as your toaster, mixer and electric roaster complete the electrical picture. Then by adding ample storage space and work surface you have a kitchen that is truly efficient. *DON'T* stop there! Give your kitchen charm and gaiety by expressing your own personality in the color scheme and decoration. Remember—When a Kitchen is Practical and Pretty—Of Course, It's Electric!



Here's the COOKING CENTER —

Naturally your new electric range is featured, and located close to the dining area to save steps at meal time. Work space is included on each side of your range while all cooking needs are at your fingertips in handy drawers and cabinets. There are enough convenience outlets for your toaster and coffee-maker as well as the appliances you plan to own. Proper lighting brightens the kitchen and eliminates shadows and glare.



Here's the

REFRIGERATION CENTER —

Your electric refrigerator opens to a work surface for ease of food storage and removal. This counter also makes an ideal place to keep your electric mixer, for with perishables in the refrigerator, and other supplies and equipment in convenient cabinets you can turn out foods for baking in a jiffy. Good lighting and convenience outlets complete the center.

Here's the CLEANING CENTER —

An electric sink with the automatic electric dishwasher and garbage disposer is the core of the Cleaning Center. After-meal clean-up is so easy when waste foods go down the drain and your dishes as well as pots and pans are automatically washed and dried. The center is located between the Range and Refrigerator to save steps in preparing meals. Proper lighting and convenience outlets make this a pleasant place to work.



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The recipes in this book have been carefully selected to show the flexibility and ease of electric cooking. All recipes have been tested on electric ranges of the usual type found in American Homes by members of the Home Service Committee or their staff assistants.

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